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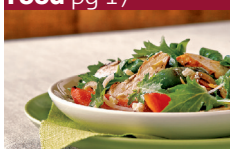
La Baie Park **Super-powered**

JIM WILCOX/METRO OTTAWA

North American Strongman Championship competitor Chad Coy holds onto two cars rolled up onto ramps. The final day of the competition was held at the Gatineau Hot Air Balloon Festival yesterday afternoon in La Baie Park in Gatineau. Story, page 3.

Food pg 17



Starting today, our Food section appears every Tuesday to bring you great recipes earlier in the week — and give you more time to plan your weekend entertaining.

Entertainment pg 18

Mike did it for 'good people'

ShareYourViews

ottawaletters@metronews.ca

Rhetoric ramps up

Parties begin to test drive their campaign messages

Listen carefully: you can hear the usual Parliament Hill yadda-yadda-yadda suddenly evolving into a higher-form of political blah-blah-blah called campaign messaging.

The rhetoric emerging over the last week is being tweaked and is likely what Canadians will hear should there be a fall election.

Liberal Leader Michael Ignatieff got the ball rolling last week when he declared he could no longer support the minority Conservative government. That's when he first road-tested the phrase "We can do better," later to be echoed in the party's new national television commercials released over the weekend.

The ads portray the professorial Ignatieff as a friendly, positive man with a wise, worldly perspective that would be a valuable asset in tackling complex economic and environmental issues. The narrative is that the Liberals offer hope and ideas, in contrast to the mean-spirited, small-minded Conservatives.

The party's national director Rocco Rossi made no secret that the Liberals intend to tap into the undercurrent of optimism that characterized Barack Obama's winning 2008 presidential campaign.

"I think hope is always a theme of the best kind of politicians, and what we've had is several years of mean-spirited politics," Rossi said in an interview.

"What Canadians saw to the south reminded them that politics can be done differently, and actually we'd like to have our politicians act that way and that's the kind of politician that Michael Ignatieff represents."

The Conservatives, say insiders, are still formulating their core campaign themes. But it's clear that stability and good stewardship of the economy will be Prime Minister Stephen Harper's key message to voters. Canadians will be asked: Why take a risk on an untested commodity at such a critical time?

"When you vote Conservative you know what you're getting: a proven, tested leader; a plan that's working on an economy in recovery, and a federalist government," said one senior Tory. "When you vote Liberal who knows what you'll get?"

THE CANADIAN PRESS

Fear factor

- Already, Tory spokespeople have been warning that bringing down the government puts the nascent economic recovery in jeopardy, with the added scare that the opposition parties have a secret pact to form a coalition government.

Metro gets mobile!

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Our new Viigo and iPhone apps download the latest news to your phone, so even if you're not getting any reception, or someone snagged the last copy of Metro from our boxes, "young, active, metropolitans across Canada can access Metro on their phones whenever they want from wherever they are," says Metro English Canada Group publisher Bill McDonald.

Here's how to do it: Go to m.metronews.ca, text GETMETRO to 82442 for a link to the site, or download Viigo for BlackBerry, free at viigo.metronews.ca. The free iPhone app will be available soon.

To make it even easier, Metro readers can also zoom directly to specific news or entertainment via our new in-paper ScanLife barcodes. Follow our directions on page 3, or go to 2dscan.com to download the application that enables you to scan barcodes on our pages, which will send your smartphone directly to what you're looking for.

News on the Move

What's this bar code for?

Find out on pg 3

Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher: Bill McDonald

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Local

Child actors sought for role of Tiny Tim

The National Arts Centre English Theatre is looking for Tiny Tim. Local child actors can audition for the role this Saturday at the NAC for a special 40th anniversary production of Charles Dickens' holiday classic, A Christmas Carol. Both boys and girls of all ethnic and cultural backgrounds will be considered, but potential candidates must be between the ages of 7 and 10, under four foot 10 in height, and of small build, but most importantly the child should really want to sing, act and play. METRO OTTAWA

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News in brief

CHARGES Two teens are in custody pending formal charges following a mugging with a screwdriver in the early hours of yesterday on Centrepointe Drive. The victim was not injured and all of his property was recovered.

HIT AND RUN The alleged driver of last week's fatal hit and run on Woodroffe Avenue will have a bail hearing Thursday. Andrew Wieczorek, 20, of Whitby turned himself into police Thursday evening.

METRO OTTAWA

metronews.ca
What's online today.

Video The bodies of two Canadian soldiers are on their way home from Afghanistan. A ramp ceremony was held yesterday for Maj. Yannick Pepin and Corp. Jean-Francois Drouin who were killed by a roadside bomb. View at **metronews.ca/world**

Lotteries

Friday, Sept. 4
Super 7: 04, 05, 09, 10, 20, 33 & 36 Bonus 03
Saturday, Sept. 5
Lotto 6/49: 12, 13, 27, 32, 45 & 46 Bonus 18
Sunday, Sept. 6
Ontario Pick 3: 912; **Ontario Pick 4:** 5227
Encore: 3445312;
Daily Keno: 02, 06, 07, 14, 17, 21, 22, 25, 29, 30, 32, 33, 36, 45, 50, 58, 59, 62, 64, 65
Monday, Sept. 7
Ontario Pick 3: 840; **Ontario Pick 4:** 9505
Encore: 6887287
Daily Keno: 2, 4, 8, 11, 12, 14, 20, 23, 24, 30, 32, 33, 38, 39, 45, 49, 64, 65, 69, 70.
These results are not official.

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Day about workers: Council

Union membership not needed to enjoy annual march, picnic

STEVE COLLINS
for Metro Ottawa

Teachers, electricians, public servants, firefighters, bus drivers and others paraded from city hall to McNabb Park yesterday for the annual Labour Day March and Picnic, organized by the Ottawa District Labour Council.

For Sean McKenny, president of the ODLC, the parade, picnic and games for kids all serve one purpose: "This is a day to celebrate all the work we've done over the past year. Whether somebody belongs to a union or doesn't, it's all about working families and working people."

Labour Day, and union activism, is certainly a family affair for Nelson Ross Laguna, staff representative for the Ontario Public Service Employees Union, who says he started coming to Labour Day events as a kid.

"My dad was a longtime union activist and so every year I would come down with my dad," he said. "I grew up in a labour household. My dad led two strikes back in his day, so since I was young I've been able to learn and be educated about the topic so naturally it made me more and more interested and involved."

Marchers handed out candy, Frisbees with the logo of the Public Servants Association of Canada, and countless pamphlets. Music blared from vehicle speakers, some traditional labour anthems as well as some Stevie Ray Vaughn, and the parade was led by the Labour Day Dixie Band

"That's the longest we've ever played When the Saints Go Marching In, in a row," said Dave Arthur, the band's leader and trombonist.

Arthur, who plays in several bands, and did a second shift on trombone with rock band Peter and the Wolves at the picnic, said the most unusual feature of his annual Labour Day gig is the marching, and making sure the band doesn't get too far ahead of the parade.

STEVE COLLINS/FOR METRO OTTAWA

A Stephen Harper impersonator works the crowd at yesterday's Labour Day March.

m.metronews.ca

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Carleton frosh play in alcohol-free Games

Teams of pumped-up frosh converged on the Hartwell Locks at Carleton University yesterday to compete in the Canal Games as part of orientation week.

The first-year students engaged in such athletic pursuits as crab soccer (played crawling backward on hands and feet) and battleship (in which opposing teams tried to pelt each other with wet sponges lobbed over an opaque barrier).

The frosh were helped along by upper-year students like facilitator Eli Cymet. Frosh week activities have been alcohol-free at Carleton for years, Cymet, said.

"A lot of students want to stay dry but succumb to pressures otherwise, so this kind of frosh is here to say for this week only, let us show you how much damned fun it can be whether it's alcoholic or not."

STEVE COLLINS/FOR METRO OTTAWA

STEVE COLLINS/FOR METRO OTTAWA

Carleton University frosh Ryan Kostiuk takes a soaker for the team at the Canal Games yesterday.

Huge crowds drawn to balloon fest

GATINEAU If there was one problem at the Hot Air Balloon Festival in Gatineau this past weekend, it's that conditions for the event were too perfect.

"It was just wonderful," said Alain Fredette, chairman of the festival's board of directors. According to Festival spokesperson Eric Brulotte more than 60,000 people turned out for the festival on Friday and more than 85,000 turned up on Saturday.

Fredette said the crowd was so big for Saturday night's Kenny Rogers concert that they had to push some fencing back to accommodate everyone.

With more than 300 activities and 40 amusement park rides set up in La Baie Park, Brulotte said they focused programming aimed at everyone from infants to seniors.

Of course the main attractions, as it has been for the past 22 years, were the 67 hot air balloons brought in from across North America.

The weekend weather was nearly perfect for ballooning. Of the seven departure windows, balloons were able to lift off five times during the weekend.

Yesterday, the big event was the finals of the North American Strength Athletes Championship hosted by Hugo Girard a former World's Strongest Man and retired Gatineau police officer.

This is the 11th year that a strength competition has taken place during the festival and it's grown into arguably the biggest event of it's kind on the continent.

Girard said there are plans to start a North American tour next year and have the finals in Gatineau.

TIM WIECLAWSKI/METRO OTTAWA

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Man charged after killing bear with a bow and arrow

A man determined to protect his yard from an intruder faces criminal charges after he shot a bear with a bow and arrow. The bear died and the Hanmer, Ont., resident escaped injury following an incident yesterday afternoon near Sudbury. THE CANADIAN PRESS

Canada

Journalist acquitted in Iran trial: MP

Liberal MP Dan McTeague says sources in Iran have told him that Maziar Bahari, left, a Canadian journalist detained in Tehran, has been acquitted of all minor charges against him. McTeague says sources close to this case say Bahari, accused by the Iranian government of being a spy, successfully defended himself in a trial on Aug. 12. A filmmaker and Newsweek magazine correspondent, Bahari, 42, was arrested June 21 in a widespread post-election crackdown. THE CANADIAN PRESS

Pair of slain soldiers head home

Commander of troops killed five weeks ago falls victim as well

Maj. Yannick Pepin, the highest ranking Canadian killed in combat in Afghanistan, had lamented the death of two soldiers under his command just five weeks ago.

The bodies of Pepin, 36, and Cpl. Jean-Francois Drouin, 31, yesterday were being flown back to Canada after an emotional ramp ceremony at Kandahar Airfield.

They died Sunday in a powerful roadside bomb blast that hit their armoured vehicle on a road southwest of Kandahar, bringing to 129 the total number of Canadian soldiers who have died as part of the Afghan mission since 2002. Both men were members of the 5 Combat Engineer Regiment based in Valcartier, Que. A military official at the base said Pepin was a native of Victoriaville, Que., and Drouin was born in Quebec City.

Pepin was the commander of the last two Canadian soldiers killed in Afghanistan.

"The loss of these two is very difficult," Pepin had told reporters Aug. 3, two days after the deaths of Sapper Matthieu Allard, 21, and Cpl. Christian Bobbitt, 23 — also in a roadside explosion.

"But the work will continue," Pepin had said.

Allard and Bobbitt, both combat engineers, were in Afghanistan with the 2e Battalion of the Royal 22e Regiment. They had dismounted from their vehicle to secure the area after an initial blast near the town of Senjaray, in the Zhari district, when they were killed by a second explosion.

Improvised explosive devices, or IEDs, are the deadliest weapon facing NATO soldiers in Afghanistan.

THE CANADIAN PRESS

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Subpoenas issued in prisoner transfer case

AFGHANISTAN A military watchdog agency has subpoenaed senior federal officials and is seeking a court order to force the Conservative government to release withheld information concerning the controversial transfer of suspected Taliban fighters into Afghan custody.

The Military Police Complaints Commission is trying to get around what it considers roadblocks to its investigation of allegations that first surfaced in 2007 accusing the Canadian military of handing over prisoners knowing they would probably be tortured.

Sylvan Roy, chief of staff to the commission chair, said the application to the Federal Court involves redacted documents already released to the inquiry.

Investigators believe the records have been overly censored, he said.

"We were not obtaining the documents required to fulfil our mandate, which is to have an open and transparent investigation," Roy said in an interview.

"That's why we exercised our powers under the National Defence Act."

Subpoenas have been served on four former commanders of Canadian troops in Kandahar, the deputy minister and four employees of foreign affairs, and the chief of the Correctional Service of Canada, he said.

Roy would not divulge which of the subpoenas are aimed at uncovering documents and which are intended to summon the officials as witnesses in the planned public hearings.

THE CANADIAN PRESS

Allegations

- Allegations that the Canadian government's safeguards, meant to protect transferred prisoners from abuse and torture, were inadequate first surfaced in the spring of 2007. It's considered a war crime to transfer a prisoner between countries knowing that they likely face torture.

Halifax **Who is the best in show?**

RYAN TAPLIN/METRO CANADA

Madison Bernardin gets a kiss from Gracie, a standard poodle, at the Halifax Kennel Club's 254th All Breed Dog Show yesterday. The Kennel Club holds five championship dog shows per year.

News in brief

BORDER Canada's border guards are pulling out their guns, batons and pepper spray much more frequently, says a newly released report, suggesting border crossings are becoming more dangerous places. There were 127 so-called use-of-force incidents in the year ending Mar. 31, almost three times more than occurred in each of the previous two years. And guards who began to carry sidearms in July 2007 are now pulling them from their holsters about three times a month.

THE CANADIAN PRESS

DUI may rank with serial rapists, killers

COURTS Canadian legal history could be made this week when a Quebec man finds out whether he will become this country's first drunk driver to be declared a dangerous offender.

The dangerous offender designation is usually reserved for the very worst criminals in Canada — like murderers and serial rapists.

But in a Valleyfield, Que., courtroom tomorrow, a judge could set a legal precedent that would make it easier for repeat drunk drivers who kill people to be locked away under that designation.

Roger Walsh pleaded guilty to a 19th impaired driving charge last December — this time after he mowed down Anee Khudaverdian in October. The wheelchair-bound mother was out with her dog, on her 47th birthday.

While awaiting the decision from Quebec court Judge Michel Mercier, the victim's sister said it's a historic opportunity to make roads safer.

THE CANADIAN PRESS

Harper gets pricey gift from Italian PM

SUMMIT Prime Minister Stephen Harper received the rarest and most expensive gift doled out at the recent G8 summit, a book given by Italian Prime Minister Silvio Berlusconi appraised by one dealer at up to $460,000.

It's a gift more valuable than any recalled by some veterans of international summits and an uncommonly extravagant example of the souvenir trinkets world leaders tend to give each other.

THE CANADIAN PRESS

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German customs officer injured in explosion
Police say a customs officer at Frankfurt Airport injured his hand when a package exploded while en route through the mail. THE ASSOCIATED PRESS

World

British cop pleads guilty

A former British child abuse detective has pleaded guilty to having sex with a 15-year-old girl whose family he had befriended during an investigation. Andrew Rowe hung his head after admitting he committed five sexual offences earlier this year. He entered his plea yesterday in Birmingham. THE ASSOCIATED PRESS

Sudanese woman convicted of wearing pants, spared flogging

A Sudanese woman journalist was convicted yesterday of public indecency for wearing trousers, but was spared a sentence of flogging.

A defiant Lubna Hussein said she would not pay a $200 fine and would take a month in prison instead to protest Sudan's draconian morality laws.

The 43-year-old has set out to challenge the police and courts since her arrest in July by insisting the case go to trial, aiming to embarrass the Khartoum government with the publicity. Her prosecution — and the prospect that she could get the full sentence of 40 lashes — drew an international outcry.

"I pray that my daughters will never live in fear of these police."
Lubna Hussein

"I will not pay a penny," Hussein, who during the court session wore the same trousers that sparked her arrest, told The Associated Press after the ruling.

During the session, police rounded up about 40 women protesting outside the courthouse in support of Hussein, some of them wearing trousers as well in a sign of solidarity.

Lawyers said Hussein would be taken to a jail after she refused the fine.

In a column Friday in the British daily Guardian, Hussein said her case is not an isolated one, but is emblematic of repressive laws in a country with a long history of civil conflicts.

"When I think of my trial, I pray that my daughters will never live in fear of these police," she wrote.

THE ASSOCIATED PRESS

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Obama praises labour movement, asks for help on health care

U.S. President Barack Obama declared yesterday that modern benefits like paid leave and minimum wage "all bear the union label," as he appealed to unions to help him win the health care fight in Congress.

Shortly after becoming president, Obama confronted a rapidly deteriorating economy, a clogged credit system, failing or ailing banks and a shaky stock market.

He used his speech on yesterday's North American Labour Day holiday to tick off a host of steps his administration has taken to steady the economy, and he made a special pitch for the health care overhaul he has pushed.

"We have never been this close," Obama said. "We have never had this broad an agreement on what needs to be done." He accused vested interests of trying to thwart his attempts to bring health care to all Americans. Some union-circulated posters held up by audience members proclaimed, "Health Care Can't Wait."

CHARLES DHARAPAK/THE ASSOCIATED PRESS

U.S. President Barack Obama waves after his speech at the AFL-CIO Labour Day picnic in Cincinnati.

For their part, some elements within the labour movement have indicated frustration with Obama — who was in Cincinnati to speak to a state AFL-CIO gathering — because some key items such as legislation making it easier for people to join unions has languished in Congress. To vigorous cheers, Obama made a pitch for the bill in his speech. He also noted that the first bill he signed into law was one guaranteeing equal pay for equal work.

"It was labour that helped build the largest middle class in history. So, even if you're not a union member, every American owes something to America's labour movement," said Obama, whose run for the presidency was energized in no small part by unions.

THE ASSOCIATED PRESS

Three convicted in transatlantic jet plot

Ali Sarwar Hussain

Three British Muslims were convicted yesterday of plotting to murder thousands by downing at least seven trans-Atlantic airliners in simultaneous attacks designed by al-Qaida to be the deadliest terrorist strike since Sept. 11, 2001.

Abdulla Ahmed Ali, 28, Assad Sarwar, 29, and Tanvir Hussain, 28 were found guilty in Crown Court in London of leading a 2006 plan to detonate bombs on aircraft bound for the United States and Canada, using liquid explosives hidden in soda bottles.

Four other men were acquitted of conspiring to bomb airliners, but admitted to lesser charges — in one case conspiracy to murder. An eighth man was cleared completely.

The case brought sweeping new restrictions for air passengers, including limits on the amount of liquids and gels they can take on board.

British and U.S. security officials said the plan was directly linked to al-Qaida and guided by senior Islamic militants in Pakistan.

Authorities estimate that, if successful, about 2,000 passengers would have died. Had the bombs been detonated over U.S. and Canadian cities, hundreds more would have been killed on the ground.

Britain's Home Secretary Alan Johnson said the plot would have brought "murder and mayhem on an unimaginable scale."

Britain's MI5 spy agency believes the group planned to strike as many as 18 jetliners in two waves of bombings, and provoke further panic with attacks on U.K. power stations. Police say some would-be second-wave suicide bombers have likely evaded arrest.

THE ASSOCIATED PRESS

Iran defies UN, new sanctions loom

NUCLEAR Iran veered closer toward the possibility of being slapped with tough new international sanctions yesterday after its president refused to stop enriching uranium and the UN nuclear watchdog warned of a "stalemate" with the country.

President Mahmoud Ahmadinejad said Tehran is ready to talk with world powers about unspecified "global concerns" — but he insisted his government will not halt uranium enrichment.

International Atomic Energy Agency chief Mohamed ElBaradei urged Iran to "substantively reengage" with the international community.

"Iran needs to respond fully to all the questions raised by the agency in order to exclude the possibility of there being military dimensions to its nuclear program," ElBaradei told the IAEA's 35-nation board of governors yesterday.

THE ASSOCIATED PRESS

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Comment

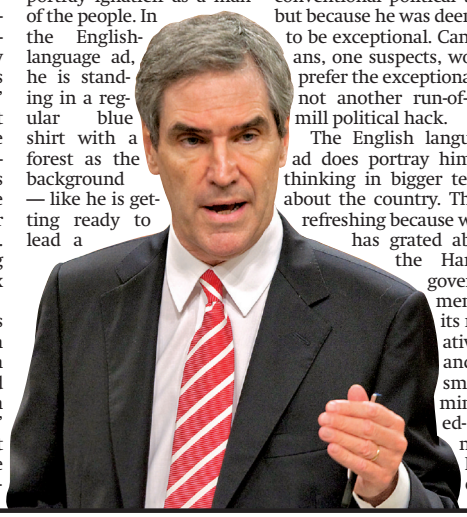
Defining Iggy's image

NationalReport
Lawrence Martin

metronews.ca/nationalreport

The Liberal campaign slogan, as revealed in its new TV advertising, is "We can do better." The one good thing about the mediocre ads is no one can argue with that premise. The country can always do better. That won't strike many as justification for trying to force an election. But Canadians aren't going to want an election six months from now either.

When Michael Ignatieff is asked to justify a campaign he should just follow up on the advertising theme and say, "Because I think I can be a better prime minister." That would be the honest response. It isn't because there is some single pressing issue on which his Liberals have a magic answer. It's about ego.



The commercials, one in English, two in French, do not, like Conservative ads, feature scuzzy personal attacks. What is curious about them is they try to portray Ignatieff as a man of the people. In the English-language ad, he is standing in a regular blue shirt with a forest as the background — like he is getting ready to lead a boy scout troop on a hike.

This ordinary-guy pose is obviously designed to defray criticism that he is an ivory-tower elitist. But the Liberals should be careful here. The party pursued Ignatieff and made him leader not because he was a conventional political type but because he was deemed to be exceptional. Canadians, one suspects, would prefer the exceptional — not another run-of-the-mill political hack.

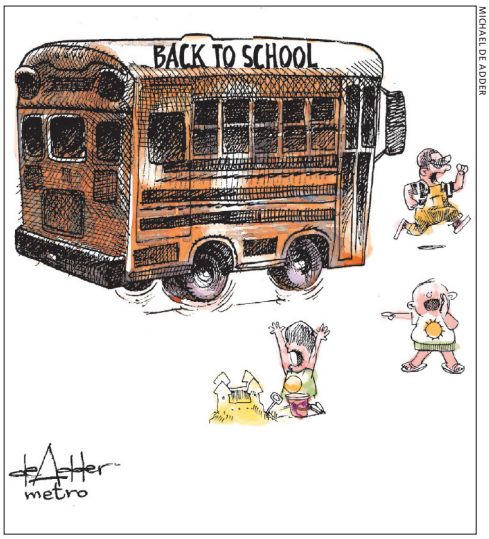
The English language ad does portray him as thinking in bigger terms about the country. That's refreshing because what has grated about the Harper government is its negativity and small-mindedness. Like other career politicians, Harper views politics as a mud-fight. Iggy didn't come from that culture and must not descend to that level.

The election result will pivot on the image of him that emerges. Harper is a known quantity. He is reasonably competent, but unlikable. The image is not about to change. Ignatieff, on the other hand, has yet to define himself. To try to do so during a campaign is risky business. This will be Harper's fourth campaign. He is still only 50. Ignatieff, 62, will be running his first national election.

If he runs a smart campaign and generates excitement as a leader of promise, the one who makes the country do better, the Liberals will win.

If he is ambiguous and stumbles, the Conservatives will cruise to another victory.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Canada needs a new security watchdog

Reg Whitaker

Security and intelligence problems keep popping onto the national agenda, even though very few of us want to see them there. Over the past several years, Ottawa has set up three special public inquiries into national security issues, and at least two other issues have raised calls for more inquiries.

Continually calling new inquiries is not good public policy. Each such inquiry is a one-off, expensive and time-consuming, and the expertise assembled for each inquiry is dispersed at the end, while the next inquiry has to start from square one.

Ongoing accountability mechanisms form a poor patchwork, covering only parts of the process, able to report only on their own narrow institutional stovepipes. The report on Omar Khadr, for example, looks only at CSIS, even though the Canadian policy on Khadr's situation was an all-government position, especially involving foreign affairs, whose intelligence activities are not subject to any ongoing scrutiny.

Over the years, each move to extend accountability has simply extended the patchwork, with highly uneven results. CSIS receives relatively good scrutiny. The RCMP, on the other hand, is inadequately scrutinized for both its national security and its law enforcement activities, as the present and past chairs of the RCMP Public Complaints Commission have insisted publicly. Yet as a result of the Maher Arar report, the commissioner of the RCMP was forced to resign.

It is time to institute an effective ongoing accountability process for the entire security and intelligence community, one that will remain in place ready to investigate and report on any and all issues that come up, without having to call for special, one-off inquiries. The government has promised to do just this, but action has not followed. Justice Dennis O'Connor made wide-ranging policy recommendations in the Arar report, yet almost three years have passed with no visible response.

O'Connor recognized that the practice of security intelligence in the age of global terrorism has changed. Where stand-alone agencies once conducted their own operations on their own turf, today integration is the key: Integration across agencies, and across government jurisdictions. O'Connor pointed out that if accountability is to be effective, it must also be integrated. He proposed a set of institutional and legal mechanisms to achieve this. These should be at the heart of any reform package.

Better accountability in national security is in everyone's interest. This ball is now in the government's court.

Reg Whitaker is an adjunct professor of political science at the University of Victoria.

Worth mentioning

Report urges improved reading, writing skills

Children who aren't reading well by the end of Grade 3 are at risk of dropping out or failing to graduate, warns a new report released as kids get back to their school routines.

But just because youngsters are attending classes, it doesn't necessarily mean they're mastering those all-important reading and writing skills in an expected time frame.

46 Melody Paruboczy, executive director of the Movement for Canadian Literacy, says approximately 46 per cent of adults in Canada aged 16 to 65 don't have literacy skills at the level needed to function fully in our information-based society.

At least 30 per cent of students don't have sufficient reading or writing abilities by the end of Grade 6, says the report by the Canadian Education Statistics Council.

The report notes that about five million students are returning to school, but if nothing changes, at least one million won't graduate.

"A large number of students who are failing to complete high school are failing to complete because they haven't picked up a golden ticket along the way," says principal investigator Julia O'Sullivan, dean of education at the University of Western Ontario in London, Ont.

"And the golden ticket, as far as I'm concerned, is the ability to read and write well enough to support success in school."

One of the problems, she argues, is the emphasis on teaching reading and writing in Canadian schools begins to fade after about Grade 4. THE CANADIAN PRESS

We Know What You're Thinking

56% The number of Canadian children who would give their Mom an "A" grade.

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Toll of failed U.S. banks rises to 88

Regulators on Friday shut down banks in Missouri, Illinois and Iowa, pushing to 88 the number of U.S. banks that have failed this year under the weight of the soured econmy and rising loan defaults. THE ASSOCIATED PRESS

Business

Madoff probes bungled: Report

The official at the Securities and Exchange Commission who later would marry Bernard Madoff's niece told investigators this year that if he had carefully reviewed a complaint about the disgraced financier's business, he would have investigated more deeply, a new report shows. The 477-page document, released Friday evening, paints in excruciating detail how the SEC probes of Madoff were bungled over 16 years. THE ASSOCIATED PRESS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

AUTO Koenigsegg Group AB has secured the extra financing needed to complete the acquisition of Saab Automobiles from General Motors Corp., the Swedish government said yesterday. Koenigsegg signed a deal to buy the Swedish car brand in August, but said about 3 billion kronor ($417 million US) were missing.

ENERGY Oil prices climbed to near $69 US a barrel yesterday, helped by rising equity markets, a weaker U.S. dollar and expectations that OPEC will keep output levels steady. By mid-afternoon in Europe, benchmark crude for October delivery was up 76 cents to $68.78 US a barrel on the New York Mercantile Exchange.

MEDIA Canwest Global Communications says a group of private investors has bought the Victoria-based local TV station it was planning to shut down. THE ASSOCIATED PRESS

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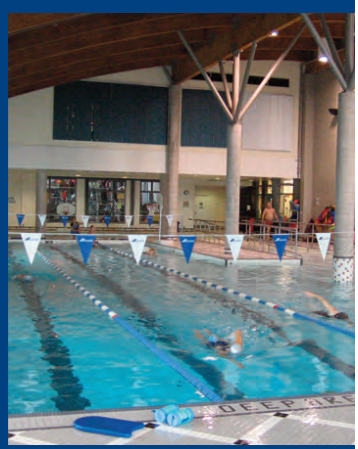

9:15	-	10:00	am	Zumba class
10:00	-	10:45	am	Bosu bootcamp
10:30	-	11:30	am	Swim for deaf and autistic children
10:30	-	12:00	am	Digital photography
10:45	-	11:30	am	Spinfit
11:00	-	11:45	am	Rise and shine bootcamp
11:00	-	12:30	pm	Judaic paper cutting
11:00	-	12:30	pm	Watercolour
11:00	-	12:30	pm	Chinese brush painting
11:00	-	12:30	pm	Acrylics
12:00	-	12:45	pm	Cardiokickboxing
12:00	-	12:45	pm	Pilates accesories
1:00	-	1:45	pm	Aquawaves
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Fans await Apple news

Once again, it's time to peer into Apple Inc. CEO Steve Jobs' cup and try to read the tea leaves.

Apple, as usual, has said almost nothing about the new products it plans to unveil at an invitation-only affair tomorrow in San Francisco. Playing their part, bloggers and Apple fans have filled the vacuum with "leaks," rumours and wish-list items that, while often far-fetched, can't completely be ignored. Sometimes, a bit of truth shines through.

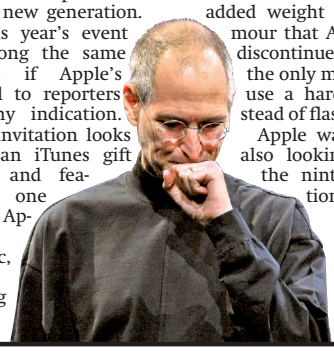
In recent years, the California-based company has used its September event to unveil new iPods, which have grown smaller, sleeker and more powerful with each new generation.

This year's event is along the same lines, if Apple's email to reporters is any indication. The invitation looks like an iTunes gift card and features one of Apple's iconic, iPod-toting silhouettes and the words, "It's only rock and roll, but we like it," a reference to a 1970s Rolling Stones song.

That still left room for creative speculation. Detail-starved bloggers took a close look at the image and noted that the headphones jack into the largeish iPod at the bottom — making it an iPod Touch, not an iPod classic.

The observation has added weight to one rumour that Apple could discontinue the classic, the only model left to use a hard drive instead of flash memory.

Apple watchers are also looking out for the ninth incarnation of iTunes. THE ASSOCIATED PRESS



Apple CEO Steve Jobs

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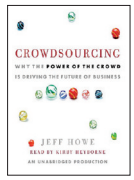
The power of crowds

Crowdsourcing

Author: Jeff Howe
Publisher: Crown Business
Price: $32.00



REVIEW Imagine you could run a business that allowed you to be creative and have great work-life balance, and all the nitty-gritty work gets done by thousands of other people. Doesn't sound any different from your your regular CEO gig, does it?

How about the part where you are the only one collecting a paycheque ... and no, I'm not talking about slavery.

Jeff Howe, the author of Crowdsourcing, examines this change in how businesses operate and generate new ideas. Howe argues that by using crowds, often online communities, businesses are able to create a higher level of engagement with their customers.

Using examples such as how Threadless.com came to be the T-shirt juggernaut of the world wide web, or how iStockphoto over took Getty Images in the stock photo game, Howe paints an impressive picture of why companies like Procter & Gamble are starting to take notice of the power of crowds.

CRAIG LUND
/FOR METRO CANADA

Craig Lund, a director with the staffing firm Marketers on Demand, can be reached at craig.lund@marketersondemand.com

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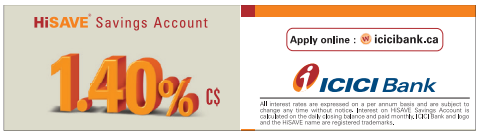
Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Eating out obviously takes a bigger chunk out of your wallet than food consumed at home.

Alison's Money Rule:

- When trying to lose weight, forget about the calories and concentrate on how much you spend on what you consume away from home.



Concentrate on your wallet to lose weight

AlisonOnMoney

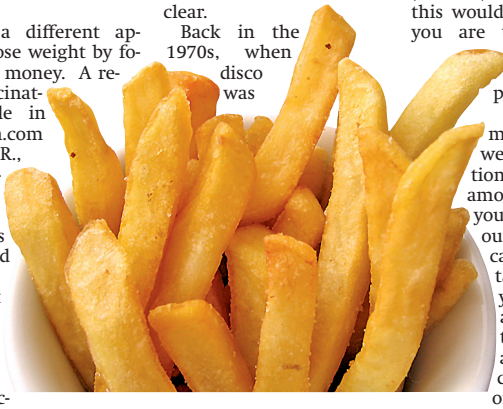
Alison Griffiths
metronews.ca/alisononmoney

"Restrict the amount of money you spend eating out, especially on calorie-laden takeout, and you'll be lean and mean in no time. Set aside an amount in cash every week or every paycheque and once it's gone, your dining out is done."

The diet industry is a perennial money-maker from exercise programs to magic potions and from diet books to calorie counting counselors. In the end, though, pretty much all of it centres on food.

Here's a different approach. Lose weight by focusing on money. A recent fascinating article in ethicurian.com by Marc R., aka Mental Masala (forgive him, he's a food writer), points out that according to the U.S. Government Accountability Office, per capita spending on food rose by 16 per cent between 1982 and 2007. Canadian data is less revealing but we tend to mirror Americans in our food spending.

Most of the increase noted comes from food consumed away from home. We all sense that every bite of takeout and restaurant food delivers a much higher caloric wallop than what you prepare yourself. Add to that the huge escalation in the frequency of eating out and the problem for dieters is clear.



Back in the 1970s, when disco was still cool, Americans consumed 18 per cent of total calories away from home.

Mental, who probably calls himself that after spending too much with government reports, estimates the percentage had risen to nearly 50 per cent by the end of the 90s. I'm willing to bet the figure is even higher today.

Obviously, eating out takes a bigger chunk out of your wallet than food consumed at home, though you do get a lot more caloric bang for your buck. If the aim was to get more (calories) for your money this would be fine. But if you are trying to lose weight, well, you get the picture.

So here's the money focused weight loss solution. Restrict the amount of money you spend eating out, especially on calorie-laden takeout, and you'll be lean and mean in no time. Set aside an amount in cash every week or every paycheque and once it's gone, your dining out is done.

You'll save money and cut calories at the same time; now that's a diet!

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Timeshares not for profit

MoneyMatters

Henry Choo Chong
metronews.ca/moneymatters

Q My wife and I own a timeshare in Mexico. Initially, my wife was against the idea but I convinced her of the investment side of owning. In less than five vacations we would spend the equal cost of owning. What are average returns in this industry?
— Thomas

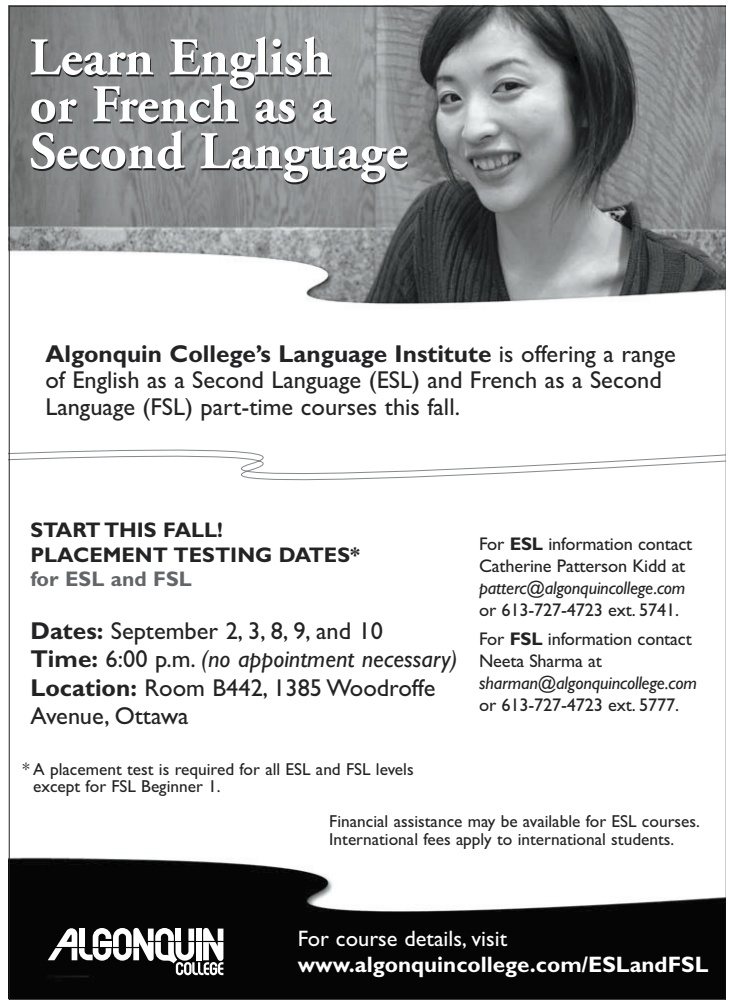
A Individuals should never purchase a timeshare as an investment. I should however, qualify this as, never purchase a timeshare with the intent of selling at a higher price.

Purchases can generally be divided into two categories. Assets that appreciate and those that do not. Assets that appreciate would be real estate, stocks, art etc. Assets that depreciate would be automobiles, televisions, etc.

I have yet to hear of a timeshare that has increased over time. That in itself, does not make a timeshare a poor purchase. If your purchase was for enjoyment, then a timeshare can make good sense.

Food for thought: Don't buy for a profit; without a few days cooling period; without consulting a lawyer; with credit card; or be pressured to sign "now or lose the deal."

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.



By the numbers

According to an RBC poll, 35 per cent of returning college and university students and 43 per cent of new students feel that they can only stretch their spending money as far as the Christmas break. NEWS CANADA

Student ¢ents

Find options

Some students might opt to take on additional job hours, cut their course load, and take an extra semester to control their finances. Other students feel they can take on a little more debt. NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Have fun, on a budget

RAFAEL BRUSILOW
for Metro Canada

To save money, why not get your friends together for a DVD night? Rentals are cheap, and microwave popcorn costs next to nothing.

Even bookworms need to have fun sometimes, but there's just one problem for most entertainment-starved students: lack of cash.

Fear not, for while your personal finances might elicit a poorly disguised giggle from the bank teller, you can still have plenty of fun for a dime with these tips below.

Bag it 'n' bring it

Picnics are killer for social fun and they're cheap as all heck, plus you can do them just about anywhere. Head to the park with friends and a guitar for a midday soiree, or camp out in your college quad for some after-class fun with snacks and bevvies. Great for a romantic option on the cheap too.

The play's the thing

Live theatre can be quite cheap for students, with tickets often going for half the price of regular seats. Check out your campus theatre especially — you can often find some good shows for about $5-$8. Students in Ottawa and Calgary take note: the National Arts Centre offers unsold tickets to professional shows for $11 to students. In Toronto, hipTIX offers performing arts tickets for $5 to students as well.

Cinema de couch

For some students, the DVD player can become like a second mother — and for good reason. Rentals are cheap, or free if you borrow a disc from a friend, and a big TV can let plenty of people watch. Theme nights can be a blast ('70s horror? Comedies starting with the letter 'A'? Schwarzenegger?) and microwave popcorn costs next to nothing.

Get active

Most campuses have rec centres that you've already paid for a membership to (remember all those brutal fees?) so get moving! Join an intramural team for active, social fun or get people together for a group workout. A scenic bike ride around town offers free travel and exploration too.

Chat it out

Round up some like-minded people for a regular coffee'n'chat session. Hip coffee shops are usually in abundance around campus and even ultra-expensive coffee usually maxes out at about $4, meaning you can debate vampire lore to your heart's content without having to spend much. Make it a weekly thing and switch topics regularly to keep things fresh.

Volunteer

Not only is volunteering a great experience, it costs you only time and you'll often get fed for free. It's also a much underrated date option if you volunteer together — you'll get to know each other's real personalities a lot quicker when you're interacting with people in a helping scenario.

Where to get good stuff — for free!

There is one universal price all students can agree on, and that price is FREE.

Free stuff is the holy grail of just about any student's financially challenged life and finding great giveaways is not necessarily as hard as you might think. Here are a few places you can look:

- **Craigslist.org.** Yes, there is a "Free" section on this now-ubiquitous site, which has branches in dozens of Canadian cities and yes, people who post here really are giving their used stuff away for nothing. Furniture tops the list of worthwhile items that you can often get for free, but books and appliances are popular giveaways too. An example of some recent giveaways in the Toronto area: 50" rear-projection TV, and a set of bookcases.

- **RedFlagDeals.com.** A popular site that screens free online offers to make sure they are legit. Just about anything might pop up here, but keep in mind that for most free offerings, you'll be expected to sign up to a site or fill out a survey (usually mentioned in the item's posting). An example of some recent giveaways: a Vancouver Canucks fan pack, and an IT certification study guide.

- **Totallyfreestuff.com.** Solid site that offers plenty of vetted Canadian deals. Similar situation to RedFlagDeals with signing up/survey-filling. Example of recent freebies: teeth whitening package, and a free MP3 download of your choice from Amazon.com.

- **Canadianfreestuff.com.** Smaller list of free postings, but it has a huge forum where freebie-seekers trade tips, tricks and freebie leads they have already vetted themselves. Great user-written guides on hunting free stuff too. Recent forum postings: free Quaker Oats granola bars, and a free vegan starter kit.

– RAFAEL BRUSILOW /FOR METRO CANADA

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Pirates set futility record

The Pittsburgh Pirates set a new record in futility yesterday. Their 4-2 loss to the Chicago Cubs guaranteed the team's record-breaking 17th straight losing season. Only the Phillies (1933-48) have had as many as 16 losing seasons in a row. METRO NEWS SERVICES

Sports

Throwing to the Lions

Matt Stafford, left, has won the Detroit Lions' starting quarterback job. Lions coach Jim Schwartz told his team yesterday morning that the No. 1 overall pick in April's draft would start Sunday's game against the New Orleans Saints. The Lions are coming off the first 0-16 season in NFL history. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Stricker takes FedEx Cup lead

GOLF Given another chance to win a playoff event, Steve Stricker delivered back-to-back birdies to cap off a wild Labour Day finish and win the Deutsche Bank Championship yesterday, moving past Tiger Woods to the top of the FedEx Cup standings.

Canadians

- Mike Weir of Bright's Grove, Ont., and Calgary's Stephen Ames finished tied for 23rd at 9-under.

One week after missing a 10-foot par putt to force a playoff, Stricker rolled in a 15-foot birdie on the 17th hole, then hit a delicate chip to tap-in range on the par-5 18th for a 4-under 67 one-shot victory over Jason Dufner and Scott Verplank.

Stricker now has a 909-point lead over Woods in the FedEx Cup with two tournaments remaining.

THE ASSOCIATED PRESS

Sports in brief

GENDER TEST Wilfred Daniels, the remorseful coach of a South African runner whose gender has been questioned, has resigned over the way her case was handled. Daniels says that Caster Semenya's gender test was conducted without her knowledge under the guise of a doping check.

METRO NEWS SERVICES

Oudin's run continues

17-year-old knocks off another seeded player at U.S. Open

Forget about forehands and backhands. Melanie Oudin's biggest weapon is her heart.

The 17-year-old sparkplug from Georgia proved it again yesterday at the U.S. Open, extending her remarkable run to the quarter-finals with another come-from-behind victory, 1-6, 7-6 (2), 6-3 over 13th-seeded Nadia Petrova.

Oudin staved off two points that would have put her behind 5-3 in the second set, then rolled through the third, hitting corners with those underrated groundstrokes and taking advantage of 22 unforced errors by her more-seasoned, higher-ranked opponent.

Rankings, like her age, however, are only numbers.

The 70th-ranked player already had comeback wins over No. 4 Elena Dementieva and No. 29 Maria Sharapova at Flushing Meadows, along with one over former No. 1 Jelena Jankovic this summer at Wimbledon. Now, she's knocked off No. 13.

Too young to know any better? Maybe. Regardless, she has become the youngest American to move into the quarter-finals at America's Grand Slam since Serena Williams in 1999.

"I think this is going to do a lot," Oudin said. "I think it's good for American tennis."

JULIAN FINNEY/GETTY IMAGES

Melanie Oudin celebrates her win over No. 13 Nadia Petrova yesterday at the U.S. Open. Oudin rallied to win 1-6, 7-6 (2), 6-3.

Not so good for Russian tennis, though.

All four of Oudin's wins have come against Russians and her next match could be against yet another. That's sixth-seeded Svetlana Kuznetsova, the 2004 Open champion and the only Grand Slam tournament winner left on Oudin's side of the bracket.

After hitting a forehand to the corner for her 19th and final winner on match point, Oudin threw her racket in the air.

"It's kind of hard to explain how I've done it," Melanie said. "Today, there were no tears because I believed I can do it. Now I know I do belong here. This is what I want to do. I can compete with these girls no matter who I'm playing. I have a chance against anyone."

In men's action, No. 1 Roger Federer beat No. 14 Tommy Robredo 7-5, 6-2, 6-2 for his 38th straight win at the U.S. Open. In the quarter-finals, Federer will face No. 12 Robin Soderling, who he beat in the French Open final to complete his career Grand Slam. THE ASSOCIATED PRESS

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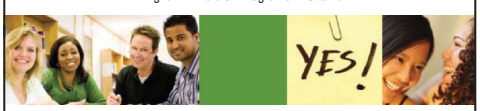

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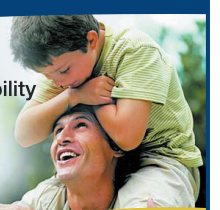

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Buehrle ends winless drought

Mark Buehrle won for the first time since pitching a perfect game on July 23, ending his eight-start drought by leading the Chicago White Sox over the Boston Red Sox 5-1 yesterday. The White Sox lefty had been 0-4 with a 5.44 earned-run average since his gem against Tampa Bay. THE ASSOCIATED PRESS

Sports in brief

BASKETBALL The owner of the Memphis Grizzlies and the team's staff met with Allen Iverson yesterday as the sides moved closer to bringing the veteran to a very young team. The team confirmed the meeting, but declined comment.

SOCCER Manchester United warned Le Havre yesterday that action would be taken against the French club if it continues to claim financial inducements were paid to the family of a teenager signed by the Premier League champions. Le Havre's president had claimed the Red Devils offered 16-year-old midfielder Paul Pogba's parents cash and a house to join them.

FOOTBALL Cleveland Browns coach Eric Mangini has decided on his starting quarterback, and he's keeping it a secret as long as he can. Mangini wouldn't name his starter for Sunday's season opener against Minnesota, and has not yet told Brady Quinn or Derek Anderson who won the job.

GOLF Suzann Pettersen is back in the winner's circle in a big way, capturing the CN Canadian Women's Open on Sunday for her first LPGA Tour victory in almost two years.

HOCKEY The U.S. beat Canada 2-1 to win the Hockey Canada Cup on Sunday in the building that will host the Olympic gold-medal final in women's hockey next February.

FOOTBALL Denver Broncos rookie Richard Quinn has been arrested on harassment and domestic violence charges. Police say Quinn was arrested yesterday after a woman called 911. The woman told deputies her live-in boyfriend, Quinn, grabbed and shook her to the ground during an argument and grabbed the phone from her while she was trying to dial 911. METRO NEWS SERVICES

Balsillie ups bid for Coyotes

RIM co-CEO now offering $242.5 million US for beleaguered Desert Dogs

The auction hasn't even begun and already the price of the Phoenix Coyotes is rising.

Canadian billionaire Jim Balsillie and PSE, his hockey team acquisition company, raised their offer to buy the Coyotes by $30 million (all figures U.S.), in a revamped bid for the bankrupt franchise.

Balsillie is now willing to spend $242.5 million — mostly by reaching out to the City of Glendale, which so far has been an ally of the NHL.

Balsillie's offer would give the cash-strapped city $50 million if it relinquishes its attempts at blocking the sale.

"(This amended offer) includes an open offer to acquire the claims of the City of Glendale, to address its concerns and mitigate its losses in connection with the relocation of the Coyotes hockey team," reads the PSE brief.

Glendale officials are expected to consider Balsillie's offer at a meeting today. A small note in the offer suggests Balsillie is willing to let the Coyotes play in Glendale — at least for a while this season — even if he wins the team.

"The open offer contemplates that the Jobing.com arena may need to be used briefly while relocation is implemented, and that the $50-million payment would cover rent, ushers, custodians, and other payments for arena use," said the brief.

The team is scheduled to be sold in a bankruptcy court, which has set aside Thursday and Friday, for the remaining bidders. The NHL is offering $140 million, with the proviso the team remains in Glendale for at least one season. Ice Edge, a group of Canadian and American investors, is offering $150 million.

TORSTAR NEWS SERVICE

Qualified bidder?

- There is no guarantee Balsillie's offer will prevail. Judge Redfield T. Baum has yet to rule on whether Balsillie is a qualified bidder and can move the team to Hamilton.

Twins pound Richmond early en route to win over Blue Jays

MLB RESULT

Minnesota 6 Toronto 3

MINNESOTA TWINS AT TORONTO BLUE JAYS

BASEBALL Scott Richmond coughed up five runs in a terrible first inning and the Toronto Blue Jays were never able to escape the early hole in a 6-3 loss to the Minnesota Twins yesterday.

Richmond, from North Vancouver, B.C., allowed the game's first six batters to reach and five of them scored by the time he recorded the first out of the 45-pitch, 21-minute inning.

The rookie right-hander steadied after that, allowing just one more run over the next five frames, but that did little else but save the bullpen for the Blue Jays (61-76), who fell a season-worst 15 games under .500 for the third time.

There was little for the crowd of 13,153, the third smallest of the year, to cheer for, and the atmosphere at Rogers Centre was more like that of a neighbourhood beer-league game than a big-league contest. Not even the Canadian International Air Show buzzing overhead could manage to liven things up.

Adam Lind's sacrifice fly in the third made it a 5-1 game, while a homer by Jose Bautista and infield RBI single by Vernon Wells in the fifth briefly made it a two-run game.

Toronto-born reliever Jesse Crain (5-4) picked up the win and Joe Nathan earned his 37th save.

THE CANADIAN PRESS

CHRIS YOUNG/THE CANADIAN PRESS

Toronto running back Jamal Robertson, centre, tries to find a path through the Tiger-Cats yesterday in Hamilton. The Ticats thumped the Argos 34-15 in the Labour Day classic.

Argos mauled by Tiger-Cats

CFL RESULTS

Toronto 15 Hamilton 34

TORONTO ARGONAUTS AT HAMILTON TIGER-CATS

FOOTBALL Kevin Glenn threw two TD passes to lead the Hamilton Tiger-Cats to a 34-15 win over the Toronto Argonauts yesterday.

Hamilton (5-4) snapped a six-game home losing streak against Toronto (2-7). The two teams don't have the luxury of time to mull over this one. The Argos host the Ticats Friday night.

The win was important for Hamilton, which moved four points ahead of third-place Winnipeg (3-6) in the East Division standings and to within four points of first-place Montreal (7-2). Toronto remains last in the conference.

Hamilton receiver Arland Bruce III, facing the Argos for the first time since they dealt him earlier this summer, didn't score, but made an impact. He finished with six catches for 115 yards, including grabs for 44 and 43 yards that set up Ticats' TDs.

Calgary 32 Edmonton 8 — The Calgary Stampeders grabbed a share of first place in the CFL's West Division with a 32-8 win over the visiting Edmonton Eskimos in yesterday's Labour Day Classic.

Calgary, Edmonton and the Saskatchewan Roughriders, who were 29-14 winners over Winnipeg on Sunday, were bunched 5-4 atop the West.

After losing back-to-back games to open the season, the Stampeders have won four in a row and five of their last seven.

THE CANADIAN PRESS

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SPECIAL FOCUS ON:
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EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Getting serious about fall fitness

CELIA MILNE
For Metro Canada

"As the summer barbeques and patio parties wrap up, there are fewer distractions and fewer temptations. The cooler weather also makes outdoor exercise more pleasant."
Sandra Banks, certified personal trainer

Phew! Now that the kids are back at school and the end-of-summer chaos is over, it's time for your fall routine to settle in. For optimal health, that routine should include outdoor exercise.

September is a great time to get serious about fitness, says Sandra Banks, a certified personal trainer in Vancouver.

"As the summer barbeques and patio parties wrap up, there are fewer distractions and fewer temptations. The cooler weather also makes outdoor exercise more pleasant."

As a bootcamp instructor, Banks often gets new clients out to her class in the fall. It's a time of great beginnings. If you are keen to start an exercise program, but are worried about motivation, here are some tips from Banks:

• Put it in writing: If you write it on your calendar and make it part of your regular schedule, you are less likely to skip out on a workout just because you're feeling a little tired.

• Try something new: Take a chance and sign up for something you've never tried before. For example, you could join an ultimate frisbee league or take rollerblading lessons. You'll be so busy learning new skills that you'll forget that you're doing exercise!

• Power in numbers: Sign up for a bootcamp or join a run/walk clinic. Or, better yet, recruit some friends and start your own outdoor exercise group. If you're meeting friends, you'll look forward to working out, and even if you've had a long day, you'll show up because you won't want to let them down.

The benefit of walking or running with friends is bolstered by doing some resistance training and stretching afterwards. The old standbys – push ups, sit ups and squats – are good. If you haven't done these in a while, here are two beginner bootcamp exercises Banks suggests. No equipment is needed — just a park bench:

1) Bench Squat – Stand in front of the bench facing away from it and start to sit down. Just before your rear end touches the bench, stop and hold for a count of five, then stand up. Repeat 20 times.

2) Bench Push Up – Face the bench. Put your hands on the seat (difficult) or the back (easy) of the bench. Keeping your abs tight and your hips and back straight, bend your elbows to 90 degrees, hold for a count, and then straighten your arms. Your wrists should be in line with your shoulders throughout the movement. Repeat 10 times.

ISTOCK PHOTO

Try something new with your fitness routine like rollerblading or join an ultimate frisbee league.

Tips for dealing with a sports injury

DENISE SURETTE
For Metro Canada

Whether you're a beer league softball player or a marathon runner, sports injuries can be painful, debilitating and frustrating.

Although prevention is always the best medicine, there is some advice to keep in mind, in case you find yourself on the injury list.

"Stick to your physiotherapy," are words of wisdom from Lauren Bird, who plays baseball and dodge ball in Toronto year-round. After spending eight months in recovery from a torn ACL ligament (an important knee ligament), she said although it was frustrating, it won't stop her from playing sports.

It's this gritty attitude that motivates many athletes to keep enjoying their favourite sports, even after a physical set back. But knowing what to do when injury strikes can help you get back on the field quicker.

After suffering a sports-related injury, physiotherapy and acupuncture are great places to start the healing process.

Lindsay Davey, a registered physiotherapist at Toronto Physiotherapy, says icing an acute injury will help, and warns not to rush back into your activities right away.

"Ice is the best remedy for any 'new' pain or swelling that occurs with injury," says Davey. "It's not wise to push through pain when rehabilitating from an injury."

Davey also says to remember the acronym R.I.C.E., which stands for "Rest, Ice, Compression, Elevation." This standard set of injury rules will help with pain, swelling and further injury, until you can see a doctor.

After a medical assessment, it's a good idea to look into alternative measures to help speed the healing along. Physiotherapy, massage and acupuncture are great places to start the healing process.

Warming up before starting any physical activity is a good idea to avoid straining muscles.

"A light jog for five minutes is a good place to start," says Davey.

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We all know that the last year has been full of challenges. Many of us watched as our retirement nest-eggs declined in value. Along with market declines, news of job losses rattled our economic confidence.

Recently, we have been hearing some news that the worst may be over. Well, we are not economists so we certainly have no intention of offering an opinion on those matters.

What we do know is that, strong economy or not, we all need to have the confidence to continue to look after our health. There are many things you can do to look after your health, including having the confidence to visit the dentist.

A big part of the problem is that many of us might have found the experience of the current recession to be quite stressful. Just like it impacts so many other aspects of our health, stress can have a negative impact on dental health.

For example, people experiencing higher levels of stress are more likely to grind their teeth. This can lead to a condition known as bruxism, which refers to the damage teeth suffer as a result of such grinding. Grinding can also lead to problems with temporomandibular joint.

Dr. Martin LaBoissonniere
Dental Surgeon

Stress can also cause such problems as cankers, dry mouth or burning mouth syndrome. Short term, these conditions may not be major problems. However, cankers can be quite painful. And the production of saliva can be a very important to keeping the teeth clean. In short, these are not issues that you should allow to persist.

Perhaps most importantly, stress can inhibit our immune systems. This can make us more susceptible to infections such as those associated with periodontal disease.

The bottom line is that we need to be concerned about how stress might affect our oral health. And given the level of stress many of us might have felt worrying about the economy and job security, there is always a concern that overall dental health might have deteriorated along with the economy.

So, with the economy perhaps starting to improve, now is the time to make sure your dental health follows suit. If you avoided visiting the dentist over the past year, have the confidence to change that. Though you might not have felt any physical pain, you might be surprised to discover how these stressful times affected your dental health.

Visiting your dentist can be your own personal dental stimulus plan, and a great way to help reduce your own stress…because reducing stress is a healthy habit…and healthier habits lead to healthier lives.

Dr. Martin LaBoissonniere
Dental Surgeon

Health in brief

NUTRITION If the scale isn't budging despite exercise, it could be because you're burning off calories from sugar instead of from body fat. A low-glycemic index (GI) snack or light meal before a workout helps metabolize fat, shows a study in The Journal of Nutrition. The GI—created in 1981 at the University of Toronto—ranks carbs between zero and 100 based on their effect on blood glucose. Anything under 55 is low.

BEST HEALTH MAGAZINE

Forbidden fruit

Single women prefer their men attached: Study

The J Spot
Josey Vogels
metronews.ca/thejspot

I've always had unwritten rules about who you should and shouldn't date. Friends' exes are out, for example. So is asking someone out when you know a girlfriend is already interested in him.

Hitting on a girlfriend's guy when they are already dating is definitely out.

In fact, in my books, hitting on any guy who's already attached or married even if you're not friends with his partner is a no-no. It's just bad karma.

But it seems karma is no match for biology. Ninety per cent of the single women in an Oklahoma State University study on "mate poaching" were more interested in dating a man who was already in a relationship than a single man.

Actor Ali Larter (centre) plays a woman who tries to pursue another woman's husband in the thriller Obsessed.

Past psychological studies have shown that some women may try to lure a man away from his current partner, a phenomenon known as "mate poaching." One 2004 study published in the Journal of Personality and Social Psychology suggested that as many as one in five long-term relationships began when one or both partners was already in a relationship with someone else.

But this new study, published in the current issue of the Journal of Experimental Social Psychology, shows that most single women actually prefer men who are already in a committed relationship.

Men and women were matched with students based on a description of their ideal romantic partner. When researchers described the women's match as single, 59 per cent of the single women in the study were interested in pursuing him. However, when they described the exact same man as being in a committed relationship, 90 per cent of the women were interested. Neither the men nor the already attached women who participated showed this preference.

Dr. Melissa Burkley, an assistant professor of social psychology at Oklahoma State University and one of the researchers behind the study, suggests that the reason behind this is that single women are more interested in pursuing unavailable men possibly because they are more interested in a guy who's already shown he can commit by being in another relationship, indicating he'd be a reliable mating partner.

Of course, the study doesn't show that, if you pursue the committed man and he goes for it, he's also clearly capable of breaking that commitment and cheating.

• Would you pursue someone you knew was already attached? Post your answers in the comments section of The J Spot column online at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Belly weight, stress link

CELIA MILNE
For Metro Canada

Social stress can make you fat around the middle. And fat at your tummy puts you at greater risk of heart attack.

That is the conclusion of an animal study that appeared in a recent issue of Obesity, the peer-reviewed journal of the Obesity Society.

Female monkeys were fed a Western-style diet containing fat and cholesterol. Over time, the monkeys who were lower down in the social order tended to develop more fat around the middle than the more dominant monkeys. Researchers at Wake Forest University school of medicine in Winston-Salem, N.C., found that the more socially isolated monkeys released stress hormones that promote deposits of fat around the abdomen. This kind of fat promotes atherosclerosis, the buildup of plaque in the blood vessels, which is a risk factor for heart disease.

Females are naturally more protected against heart disease than men, typically developing heart disease 10 years later than males. But that protection is lost when stress and tummy fat increase.

The study's results reinforce basic health advice: watch what you eat, exercise regularly, and try to manage the stress in your life.

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Julia tops the charts
Mastering the Art of French Cooking, Volume I by Julia Child was the best selling cookbook at Amazon.ca last week. Julie and Julia: My Year of Cooking Dangerously by Julie Powell came in second place. METRO NEWS SERVICES

Food

When it comes to cooking locally produced foods, keep your recipes simple to allow the fresh and natural flavours to come through, says chef Chris Venhuis.

THE CANADIAN PRESS

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EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

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MAKES 4 SERVINGS

JODI PUDGE

Warm Spanish Chicken Salad

INGREDIENTS:

- 2 boneless skinless chicken breasts
- 1 tbsp (15 ml) extra-virgin olive oil
- 1/2 tsp (2 ml) paprika
- 1/4 tsp (1 ml) each salt and pepper
- 1 each sweet red and green pepper, cut into 2 cm-wide strips
- 6 cups (1.5 l) loosely packed mixed baby salad greens
- 1/2 cup (125 ml) thinly sliced sweet onion
- 1/3 cup (75 ml) quartered pimiento-stuffed green olives
- 1/4 cup (50 ml) each toasted slivered almonds and crumbled feta cheese

SHERRY VINAIGRETTE:

- 2 tbsp (25 ml) extra-virgin olive oil
- 1 tbsp (15 ml) sherry vinegar or red wine vinegar
- 1/2 tsp (2 ml) Dijon mustard
- Pinch each salt, pepper and granulated sugar

METHOD:

In bowl, toss together chicken, oil, paprika, salt and pepper; transfer to foil-lined baking sheet. Add red and green peppers; bake in 375°F (190°C) oven until peppers are tender and chicken is no longer pink inside, about 35 minutes. Let chicken cool enough to handle; thinly slice crosswise.

In large bowl, combine salad greens, onion, olives, almonds, chicken and peppers.

SHERRY VINAIGRETTE:

In small bowl, whisk together oil, vinegar, mustard, salt, pepper and sugar; pour over salad and toss to coat. Sprinkle with feta cheese.

JODI PUDGE

Pear Apple Crisp

Pear Apple Crisp

PREP TIME: 12 MINUTES
COOK TIME: 1 HOUR
MAKES 6 SERVINGS

INGREDIENTS:

- 6 cups (1.5 l) chopped cored peeled pears
- 2 cups (500 ml) chopped cored peeled apples
- 2 tbsp (25 ml) all-purpose flour
- 2 tbsp (25 ml) packed brown sugar
- 2 tbsp (25 ml) lemon juice
- 1/4 tsp (1 ml) cinnamon

TOPPING:

- 1 cup (250 ml) quick-cooking rolled oats (not instant)
- 1/2 cup (125 ml) packed brown sugar
- 1/3 cup (75 ml) all-purpose flour
- Pinch ground nutmeg
- 1/3 cup (75 ml) salted butter, melted

METHOD:

In bowl, toss together pears, apples, flour, sugar, lemon juice and cinnamon until combined; spread in 8-inch (2 l) square glass baking dish. Set aside.

TOPPING: In small bowl, whisk together oats, sugar, flour and nutmeg; drizzle with butter, tossing with fork until crumbly. Sprinkle over pear mixture.

Bake in 350°F (180°C) oven until pears are tender and topping is golden and crisp, about 1 hour.

LiquidAssets

Peter Rockwell
metronews.ca/liquidassets

The White Zin

Thankfully school is over for me but I still hate September. It's the way we all draw a line at the Labour Day weekend.

On one side we can revel in all things summer; on the other the outdoor furniture comes in, the white pants wind up at the back of the closet and rosé wines are bid adiós for another year.

While I can live with most of the seasonal changes I'm here to tell you that pink wines — especially the White Zinfandel — aren't just for warm weather any more. Long maligned as a marketing ploy aimed at unsophisticated drinks, the White Zin has remained as simple and straight forward as it was when Californian winemakers first developed it in the 1970s.

Sutter Home's 2008 White Zinfandel ($7.99 - $9.97) is the original and its soft, berry sweetness remains the benchmark. Equally as fruity, **Beringer Vineyards' 2008 California Collection White Zinfandel ($9.90 - $11.99)** has a slight drier edge.

Though these style of blush wines aren't very complicated they match surprisingly well with most meals — particularly those big holiday spreads that you'll soon be preparing — and appeal to wide variety of palates no matter what the temperature outside.

Prices reflect the range across the country. Some products may not be available in all provinces.

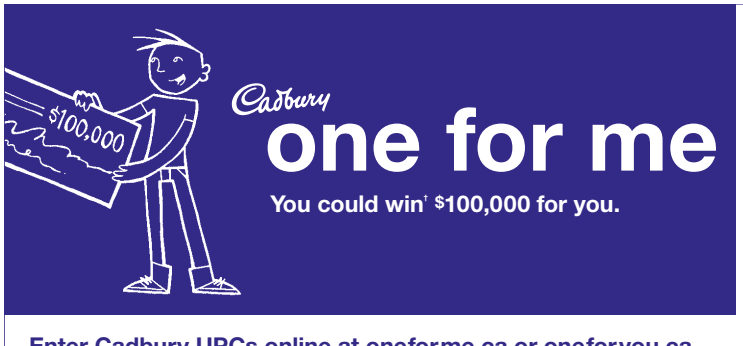
Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Editor's Note

- Starting this Thursday, Metro is launching Urban Foodie, a column that reviews Ottawa's best dining spots.

m.metronews.ca

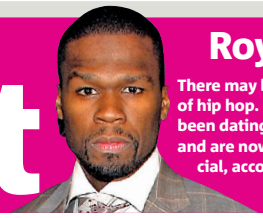
Scan this barcode for more Food and Recipes on your smartphone.
Find out how to scan this barcode on pg 3



†NO PURCHASE NECESSARY. Contest ends Nov. 8, 2009. For rules, details & entry, visit www.oneforme.ca or www.oneforyou.ca. Must be Canadian resident age of majority. 1 Grand Prize of $100K + a matching cash donation to a charity of your choice‡. 203 Instant Win Prizes with ARV's from $35 to $1,000 + a matching cash donation to a charity in the contest rules. Odds of winning any prize depend on no. of eligible entries. Odds of winning an Instant Win Prize also depends on time & date of entry. Skill-testing question required. ‡Charity of choice is a list of registered charities pre-selected by contest sponsor in the following categories: Local/Community, Global, Environment & Health. See full contest rules for further details. *Trademark of or used under license by Cadbury Adams Canada Inc

Thurman, Busson to marry
Uma Thurman is set to marry her beau, Arpad Busson, with to a gala wedding at London's Kensington Palace sometime next June, according to the Daily Mail. METRO NEWS SERVICES

Entertainment



Royal couple

There may be a new king and queen of hip hop. 50 Cent and Ciara have been dating for more than two years and are now looking to make it official, according to blog All Hip Hop.
METRO WORLD NEWS

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks

Sugar
Director: Anna Boden, Ryan Fleck

MOST PEOPLE, NON-FANS included, believe that the Dominican Republic is an island baseball haven, with limitless raw talent. The assumption has some factual basis — there's an abundance of players in the major leagues — but the reality is more Darwinian.

Then there's the adage, "It doesn't matter whether you win or lose, it's how you play the game." This, too, doesn't always bear up to the scrutiny of a game where winning is everything, and where often, in the case of injuries, your real character is exhibited in how you cope with not playing.

These are the sour lessons in Sugar for Miguel "Sugar" Santos (Algenis Pérez Soto), a cocky kid from San Pedro de Macoris who, at the age of 19, attracts the interest of big-time scouts for his powerful knuckle curveball. He heads to spring training with dreams of milk and honey.

Sugar quickly learns there's much more to the game than smoking a hot pitch across the plate.

Written and directed by the Half Nelson team of Anna Boden and Ryan Fleck, Sugar is a departure from movies of its kind in quietly observing that life is often a series of base hits rather than grand-slam homers.

Sin Nombre
Director: Cary Joji Fukunaga

SIN NOMBRE TRANSLATES as "without name." In this drama of fugitive immigrants and gang violence along the U.S.-Mexico frontier, it refers to the characters' anonymous and unwanted status in the U.S., the promised land for many Latin Americans.

Getting stateside requires a combination of stealth and guile for anyone lacking the cash and connections. Character motivations are complicated and completely understandable. Among the film's many revelations is a cast of talented unknowns who stand to become much better known in years to come — which makes the "no name" title seem ironic.

A train drama that is usually the stuff of Bond film fantasy or cheap CGI trickery is rendered with documentary veracity by Adriano Goldman's award-winning camera work, which, like the action, never lets up.

The harsh realities of Sin Nombre could be pulled straight from today's headlines, The real source, though, is the heart and mind of writer/director Cary Fukunaga, who exhibits technical skills and life insights not often found in rookie filmmakers. Extras include deleted scenes and a commentary by Fukunaga and producer Amy Kaufman.

Peter Howell/for Metro Canada

A labour of love

Michael Moore dedicates new film to 'good people'

Michael Moore's says his film Capitalism: A Love Story is dedicated to "good people ... who've had their lives ruined by the quest for profit."

After many a successful debut at Cannes, Moore premiered the film yesterday in his first appearance at the Venice Film Festival. The movie was warmly received at a press showing Saturday evening and won positive reviews. Variety called it one of Moore's "best pics."

"I am personally affected by good people who struggle, who work hard and who've had their lives ruined by decisions that are made by people who do not have their best interest at heart, but who have the best interest of the bottom line, of the company, at heart," Moore told reporters.

The film features plenty of examples of lives shattered by corporate greed — but also some inspiring tales of workers who have rebelled.

According to Moore, "the revolt you think I am calling for has actually begun. It began Nov. 4," when President Barack Obama was elected.

There are the Chicago glass and window company whose employees barricaded themselves to demand their pay after management laid off all 250 employees when the bank line of credit dried up.

On the side of greed, Moore tells the story of a privately run Wilkes Barre, Pa.-based juvenile detention centre that paid off judges to lock up juvenile offenders. One boy said he had done little more than throw a piece of meat at his mother's boyfriend during a fight at the dinner table and a teenage girl's offence was making fun of her school's vice principal on a Myspace page.

The film is filled with classic Moore gimmicks, like wrapping crime scene tape around landmark banks and Wall Street institutions. And there is the expected Moore grandstanding as he tries to make citizens arrests of bank CEOs, not getting past the sometimes amused security guards at the main entrance. By now, everyone sees him coming and knows who he is.

Moore said he considered himself a proxy for the "millions of Americans who would like to be placing crime scene tape around Wall Street."

The filmmaker is optimistic that unimagined change can happen, citing the unexpected fall of the Berlin Wall in 1989, and Nelson Mandela's election as the president of South Africa after 27 years in prison for his anti-apartheid activism. "There are many things that have happened in the last 20 years that are just utterly surprising, so that I now believe anything can happen. People can revolt in good ways." THE ASSOCIATED PRESS

GETTY IMAGES

Capitalism: A Love Story is the new film from director Michael Moore.

"I am personally affected by good people who struggle, who work hard and who've had their lives ruined by decisions that are made by people who do not have their best interest at heart." Michael Moore

Boyle outselling Beatles, Whitney

Susan Boyle fans are hitting amazon.com to rabidly pre-order Boyle's first CD, which will be released Nov. 24, and she's easily outselling Whitney Houston and the Beatles, Pop Watch reports. **METRO WORLD NEWS**

Charger accused in Tila incident

COURTS San Diego Chargers star outside linebacker Shawne Merriman was arrested Sunday and accused of choking and restraining his girlfriend, reality TV star Tila Tequila, as she tried to leave his suburban home.

Tequila, 27, signed a citizen's arrest warrant, charging Merriman with battery and false imprisonment, San Diego County Sheriff's Lt. Gary Steadman said. Both are felonies.

Deputies responded about 3:45 a.m. to Merriman's house in Poway, north of San Diego, after a woman called to say she was choked by the player and thrown to the ground when she tried to leave, Sheriff's Department spokesman Jan Caldwell said at a news conference.

Merriman's lawyer, Todd Macaluso, disputed Tequila's story and said he's confident Merriman won't be charged by the District Attorney's Office.

"There was absolutely no wrongdoing on the part of Mr. Merriman," Macaluso told The Associated Press by phone. "He essentially was doing what was appropriate under the circumstances in trying to protect the safety of Miss Tequila. There were numerous eyewitnesses that will support his version of the events that transpired at his home."

THE ASSOCIATED PRESS FILE PHOTOS

San Diego Chargers linebacker Shawne Merriman has been accused of choking and restraining reality TV star Tila Tequila.

Merriman, 25, also said in a statement late Sunday that he was worried for the safety of Tila Tequila because she appeared to be intoxicated and he didn't want her to drive.

He says paramedics who were called to his home reported no injuries to Tequila.

Merriman was taken into custody and booked into the central jail at about 8:30 a.m. He was released shortly after 11 a.m.

Tequila was taken to a hospital. Her condition was not immediately available.

Caldwell said deputies determined Tequila had been drinking. Caldwell said she wasn't sure if Merriman had been drinking. Macaluso said witnesses he spoke with said Merriman had ordered water three or four times when his group was at a downtown San Diego club before going to his house.

Tequila, whose real name is Tila Nguyen, is best known for A Shot at Love with Tila Tequila, which ran for two seasons on MTV. **THE ASSOCIATED PRESS**

Town of brotherhood

BookPicks

Our **Boys**

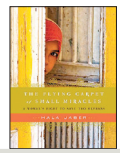
Authors: Joe Drape
Publisher: Times Books
Price: $32.00 (Hardcover)

New York Times reporter Joe Drape ventured to Smith Center, Kan., expecting only to pen an article on the small town's highly successful high school football team, the Redmen. But taken by the team's rousing head coach Roger Barta, Drape relocated to the community to write a full novel on the team. What he found was a fostering culture that transcends football, the coach's encouragement and enthusiasm touching players' personal lives and futures. Through this intimate field study, Drape explores how a sports team is both a symbol of the collaborative power of a town.

Getting Rid **of Rosie**

Author: Lynda Simmons
Publisher: Berkeley Books
Price: $17.50 (Paperback)

When Samantha Marcello's best friend stole her fiancé Michael nearly a decade ago, Sam never thought she'd hear from either again. So when Michael stumbles in to the Silver Swan — the pub Sam has tried to busy herself with over the years — she's mutually shocked to learn Rosie died in a car accident and overcome by her nostalgic feelings for Michael. But Rosie won't disappear that easily, returning as a ghost, with whom only Sam can communicate. The past haunts her as Sam must reconcile Rosie and reconnect with Michael, all while maintaining the bar that's been her labour of love.



The Flying Carpet **of Small Miracles**

Author: Hala Jaber
Publisher: Viking Canada
Price: $32.00 (Hardcover)

Hala Jaber finds the struggles in her private life intertwine with the vocation of her public one in her latest work. After trying unsuccessfully to conceive a child with her husband, the journalist couple relocate to Baghdad to report on the 2003 American invasion of Iraq. There, they find themselves honing in on the child victims of war, taking special notice of sisters Zahra and Hawra who are the sole survivors of a bombing that killed their family. Despite the children's serious physical and emotional injury, Jaber and her husband aim to save them, while raising awareness of the cost of combat on the young. **BRIAN COULTON/ FOR METRO CANADA**

Box office

Following are the top 10 films at the North American box office for the weekend beginning Sep. 4, according to studio estimates:

1. **The Final Destination:** $15.4 million US
2. **Inglourious Basterds:** $15 million
3. **All About Steve:** $13.9 million
4. **Gamer:** $11.2 million
5. **District 9** $9 million
6. **Halloween 2:** $7.1 million
7. **Julie & Julia:** $7 million
8. **G.I. Joe: The Rise of Cobra:** $6.7 million
9. **The Time Traveler's Wife:** $5.4 million
10. **Extract:** $5.3 million

REUTERS

Kenya's**Style**

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: **metronews.ca/movies**

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 9/8/09	265	353	2	TVO	Canadian Waterways		The Agenda With Steve Paikin		Blackpool		Stephen Fry in America		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Semper Fidelis"		(9:01) Big Brother 11		Bones (HDTV PA)		News Final
	-	-	5	SRC	Virginie (SC)	La Facture (N)	Providence (N) (SC)		Aveux (N) (SC)		Le Téléjournal Nouvelles. (SC)		TJ Ontario
	209	342	6	CHRO	Degrassi: TNG	TMZ (N)	America's Got Talent		America's Got Talent (HDTV) Semifinalists perform. (Live)				Comedy Now
	196	311	7	CTV	etalk	Hollywood	So You Think You Can Dance Canada Top 16. (N)				Flashpoint (DVS)		CTV News
	208	303	8	CBC	Wheel-Fortune	Jeopardy!	Rick Mercer	22 Minutes	Being Erica (DVS)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy!	America's Got Talent		America's Got Talent (HDTV) Semifinalists perform. (Live)				News
	117	713	10	TVA	Qui perd gagne (SC)		Caméra café	Taxi 0-22 (SC)	La Promesse (N) (SC)		TVA 22 heures	Sucré-salé	*Forces*
	-	-	11	QS	Bienvenue	Rire et délire	La Verité choc		Pratique privée (SC)		Wipe Out	L'Attaque à 5	
	137	763	12	TFO	Panorama été	Météo	Visages	Villages	*La Banquière* ★★ (1980, Drame) Romy Schneider.				Météo
	-	362	13	CBS	The Insider (N)	Judge-Brown	NCIS "Semper Fidelis"		(9:01) Big Brother 11		The Mentalist (HDTV)		Two/Half Men
	216	395	14	OMN2	Raymond	According-Jim	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Black Bearded
	214	344	15	CITY	Law & Order: SVU		Hell's Kitchen (PA) (N)		More to Love (N)		Murdoch Mysteries (HDTV)		News
	115	343	16	CFMT	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere Il	Omni News:	The Simpsons	King of the Hill	Metropia
	218	345	18	CHCH	*Crimes and Misdemeanors* ★★★ (1989, Comedy-Drama)				*RoboCop* ★★★ (1987, Science Fiction) Peter Weller.				News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	Shark Tank		Shaq Vs. (HDTV) (N)		Primetime: Family Secrets		News
	512	396	24	CPAC	Tête-à-tête	Beyond Poli	L'Heure politique		Dossier public				Heure polit.
	651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	Hell's Kitchen (PA) (N)		More to Love (N)		FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Parklands-Mid	Nova (DVS)		Yellowstone	American Masters			Charlie Rose
news	205	312	104	CTV	Hollywood	etalk	So You Think You Can Dance Canada Top 16. (N)				Flashpoint (DVS)		CTV News
	502	390	26	NW	CBC News	Mansbridge	CBC News: Tonight		CBC News: The National		School of Secrets		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	MLB Baseball Baltimore Orioles at Boston Red Sox. From Fenway Park in Boston.						Sportsnet Connected		Sportsnet Con.
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	Tennis U.S. Open -- Men's Round of 16 and Women's Quarterfinals. (HDTV) (Live)								SportsCentre
	410	403	52	SCR	Cabby Unlimit	Score Today	FullTiltPoker.net Million		X-Fighters		24/7	Score Now	Score Now
	411	457	56	OLN	Ghost Hunters		Dog the Bounty Hunter		Survivorman		Ghost Hunters		Bounty Hunter
family	417	406	59	SC	Pimp My Ride	Pass Time	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pimp My Ride
	554	544	48	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	Prank Patrol	Adrenaline Proj
	570	580	29	MM	The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	High School Reunion		The Daily Fix
cable variety	615	520	31	A&E	Criminal Minds (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Cleaner (HDTV) (N)		The Cleaner
	628	584	32	SPKE	UFC Unleashed		Get Schooled	UFC: Access	UFC Unleashed (N)		Surviving Disaster "Fire" (N)		Surv. Disaster
	521	560	34	TLC	Ultimate Cake Off		Jon & Kate	Jon & Kate	18 Kids-Count	18 Kids-Count	Masters of Reception (N)		18 Kids-Count
	145	761	35	TV5	Zoom animal		Sur les pas de Jules Verne Sur les traces des héros de Verne.				Expression	Montre-moi	Journal TV5
	616	521	39	SHO	The Outer Limits		*Storm Cell* (2008, Drama) Mimi Rogers.				Bones		NCIS
	620	523	40	BVO	The Long Song (DVS)		Live at the Rehearsal Hall		*Five Days in September: Rebirth*			Song for Africa	Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	After the Catch (N)		Daily Planet
	575	583	43	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Crossroads
	601	562	45	SLC	Rich Poor	Rich Poor	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	House Party	Comedy Inc.	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	*Old School* ★★ (2003, Comedy) Luke Wilson, Will Ferrell.				Seinfeld
	600	564	49	H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Genevieve	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood		Fringe		Stargate SG-1
	581	566	53	MTV	Cribs	After	MTV News	Parent Control	House-Jazmin	Daddy's Girls	Daddy's Girls	House-Jazmin	MTV Live
	618	524	54	TROP	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy	'70s Show	'70s Show
	522	506	55	HIS	Ancient Discoveries		Cities of the Underworld		Cities of the Underworld		Ultimate Engineering		Crime Stories
	129	773	60	CD	Soeur Angèle (HDTV)		Mayday (HDTV)		Images-chocs		Les Procureurs "Un Témoin-clé"		
	261	394	61	V	Murder, She Wrote		Bless-Father	Dinnerladies	Quantum Leap		Medicine Wmn	I Prophesy	Poltergeist
	602	567	62	W	Old Christine	Friends	Friends	Grocery Bag	Style by Jury	Style by Jury	How to Look Good Naked		Naked Beauty
	269	350	70	APTN	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	First Nation	Moose TV	Caution: Nuts	Moccasin Flats	Short Cuts (N)
	621	527	71	TLK	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Look-A-Like	Look-A-Like	Tonight Show-Conan O'Brien		TMZ
	603	561	95	FN	Ricardo	Exotic	Restaurant Makeover		Hell's Kitchen		Good Eats	Good Eats	Iron Chef Am.

critics'corner

Moose TV

Adam Beach stars in this half-hour drama as George Keeshig, who returns to his tiny northern hometown of Moose and discovers an abandoned television studio. He brings it back to life, which brings big changes to the town as old secrets are revealed and old baggage is unpacked. 9:30 PM on 70 APTN

NCIS

A security breach at the SecNav's residence during a secret meeting results in the death of an ICE agent, forcing Gibbs and his team to work with ICE and the FBI to find the killer. Tony finally comes face to face with Michael Rivkin in "Semper Fidelis." 8 PM on 13 CBS 3 GTV

Being Erica

You! Out of that box! And that shell, while you're at it! In this episode, Erica is feeling intimidated and inadequate in her new job at River Rock Publishing. She needs to get over her inhibitions and figure out that her skills aren't as limited as she thinks they are. Tyron Leitso and Michael Riley also star in "Erica the Vampire Slayer." 9 PM on 8 CBC

Selleck wins lame horse case

Tom Selleck has been awarded more than $187,000 US after a jury in California found he had been duped into purchasing a lame horse. FEMALEFIRST.CO.UK

Pixar directors recognized at fest

Filmmaking team receive lifetime achievement awards

The Venice Film Festival's red carpet was festooned with balloons on Sunday to mark the lifetime achievement award for director and producer John Lasseter and his crew of Pixar directors.

They were rewarded for their work creating a new generation of childhood memories populated with Nemo, Woody and Sulley. It is the first time in festival history that the award honours not just one filmmaker but an entire studio.

Pixar, founded in 1986 and based in northern California, pioneered digital computer animation and has made 10 feature films to date, four of which have won Oscars since the animation category was introduced in 2001.

"We really set out to deeply entertain an audience, not just children but adults as well," Lasseter told reporters Sunday.

Lasseter said he was "tremendously honoured" that the festival chose to give the award to the team of five Pixar directors, including Brad Bird (Ratatouille and The Incredibles), Pete Docter (Up and Monsters Inc.), Andrew Stanton (Finding Nemo and Wall-E), and Lee Unkrich (Toy Story 3). Lasseter directed the first two Toy Story movies and Cars.

"Filmmaking and animation is one of the most collaborative art forms there is in the world, and it is never more collaborative than it is at Pixar," Lasseter said.

Lasseter posed with life-size Carl and Russell, the stars of Pixar's latest runaway hit Up on a red carpet imprinted with the Italian logos for Pixar's hits, The Incredibles, Up, Finding Nemo and the upcoming Toy Story 3, before receiving the Golden Lion from George Lucas, who helped launch Pixar.

"I think anybody else when they sell a company and the company goes on to be very successful, they would feel like they missed out," Lasseter said. "George Lucas is so proud of us and we are so thankful to him. He is a true visionary."

ANDREW MEDICHINI/THE ASSOCIATED PRESS

From left, Pixar directors Andrew Stanton, Pete Docter, John Lasseter, Brad Bird and Lee Unkrich display their Golden Lions for life-time achievement at the Venice Film Festival in Venice Sunday.

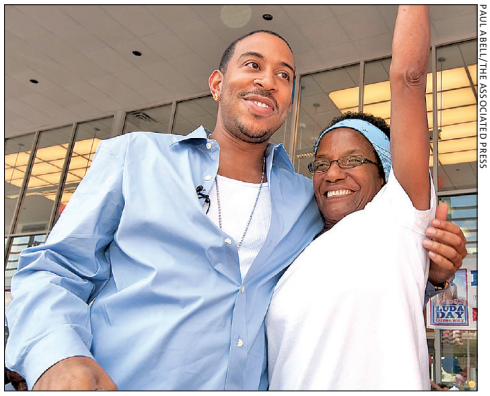
To mark the occasion, the festival premiered 3-D versions of Toy Story and Toy Story 2, which are set for theatrical release in the U.S. later in the fall. Children given a rare invite to the festival usually reserved for adults grabbed up free kites and posed next to a life-size model of Woody made out of Legos. Some came dressed as scouts, in homage to Russell.

Pixar merged with Disney three years ago, making Lasseter chief creative for both Pixar and Disney animation, where he is reintroducing hand-drawn animation.

"Filmmaking and animation is one of the most collaborative art forms there is in the world, and it is never more collaborative than it is at Pixar."
John Lasseter

"I felt like if there is a studio in the world who should be doing the highest quality hand-drawn animation, it is the studio that started it all, Disney," Lasseter said.

An upcoming Pixar film breaks the studio mould of male characters as the central protagonist after its successful string of beloved male figures, from Nemo to Woody to Lightning McQueen. Lasseter said The Bear and the Bow is Pixar's first fairy tale, a mother-daughter story set in Scotland and directed by filmmaker Brenda Chapman. THE ASSOCIATED PRESS



PAUL ABELL/THE ASSOCIATED PRESS

Ludacris and Ella Me Johnson share a moment after the rapper handed over the keys to her new car Sunday in Morrow, Ga.

Free cars? That's a Ludacris stimulus

Talk about a one-man stimulus package: Grammy-winning rapper Ludacris has given away 20 cars to people who wrote about their struggles to keep their jobs for a lack of wheels of their own.

Ludacris said he was taken aback after reading thousands of essays by people struggling or unable to buy cars needed to get to and from work or find jobs. The 31-year-old rapper felt he could step in and move them ahead, partnering with a suburban Atlanta dealership for Sunday's giveaway.

"People are getting laid off, and now are looking for jobs," Ludacris said. "To be efficient, you need some transportation of your own to get there. That's why I wanted to give back to those who need it."

Each of the used vehicles included free gas for 30 days. Winning contestants were responsible for tags, registration, tax and insurance. About 4,000 contestants submitted a 300-word essay to the rapper's foundation, explaining why they deserved a car.

One of the most touching stories Ludacris read was by Mading Duor.

Duor described how he moved to the United States six years ago after his mother, father, and five brothers and sisters were killed in Sudan. The man also wrote that a son was killed by a drunken driver in Atlanta a few years back.

"His story touched my heart," Ludacris said. "He's endured so much in his life and he's still here standing. I'm very proud to have helped him."

Duor, 33, has been able to keep a steady job at a school, but each day he felt stressed about how he was going to get to work. No longer. "I'm so happy, that I'm nervous," said Duor, who won a Nissan Maxima. "When I look at my new car, I say to myself, 'Is this really happening?'"

THE ASSOCIATED PRESS

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Romance wraps up for Jen and Gerard?
Now that Jennifer Aniston has wrapped shooting on The Bounty with Gerard Butler, sources tell Page Six she's worried things will cool off now that the two are going their separate ways. The pair have denied a romance. METRO WORLD NEWS

Celebrity Buzz

Director Bay a tyrant: Fox

UNGRATEFUL? Megan Fox continues her parade of outrageous quotes about life in Hollywood, this time complaining about director Michael Bay, who made her famous with his Transformers films.

"He's like Napoleon and he wants to create this insane, infamous mad-man reputation," Fox told Wonderland magazine.

"He wants to be like Hitler on his sets, and he is. So he's a nightmare to work for."

She even suggests he endangered the lives of her and co-star Shia LaBeouf. "Shia and I almost die when we make a Transformers movie. He has you do some really insane things that insurance would never let you do," she said.

METRO WORLD NEWS

Madonna reconciling with brother?

TIME HEALS Madonna is making moves to reconcile with her brother, femalefirst.co.uk reports.

The singer fell out with Christopher Ciccone over a tell-all book he wrote about the star, which alleged her then-husband Guy Ritchie was a homophobe and that Ritchie was to blame for the breakdown of Ciccone's relationship with his sister.

Madonna was outraged with the publication of Life With My Sister Madonna last year, but is now making steps toward speaking with her brother again and has sent him tentative emails.

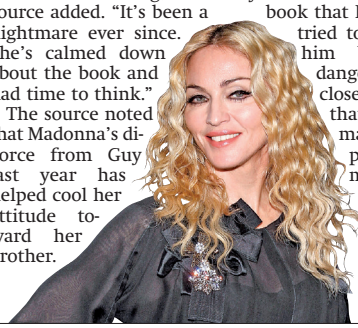
A source told Britain's Sunday Mirror newspaper: "Madonna did it more for her family than for herself. Her feud with Chris was creating huge tension within the family so she decided to be the bigger person.

"At one point Madonna wanted all the family to cut off Chris — but her father wasn't willing," the source added. "It's been a nightmare ever since. She's calmed down about the book and had time to think."

The source noted that Madonna's divorce from Guy last year has helped cool her attitude toward her brother.

She was originally upset by claims in Ciccone's book that Ritchie once tried to intimidate him by driving dangerously close to him, and that his friends made homophobic remarks to him at Ritchie's stag party.

METRO NEWS SERVICES



Rihanna's got a new boyfriend?

MOVING ON Rihanna has been spotted around Los Angeles with Travis London, who was previously linked to Mary-Kate Olsen, according to Gatecrasher.

"They were very silly and touchy-feely. She looked like she was having a really good time," said a source of the pair.

METRO WORLD NEWS

Rumer dreams of parents' reunion

FANTASY Rumer Willis, whose own acting career is taking off, would like to get her parents back together — onscreen, at least. "You know I'd really love that," Willis mused to People about co-starring in a project with dad Bruce Willis and mom Demi Moore.

METRO WORLD NEWS

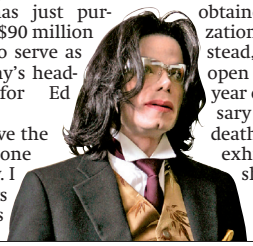
Neverland sold to designer

REAL ESTATE MOGUL Michael Jackson's beloved Neverland Ranch reportedly has a new owner. According to AFP, designer Christian Audigier has just purchased the $90 million US estate to serve as his company's headquarters for Ed Hardy.

"I can have the house in one month now. I get the keys two weeks from today," Audigier said in an interview.

Though he'd originally planned to turn the ranch into a museum, he hasn't obtained the authorization to do so. Instead, Audigier will open the doors each year on the anniversary of Jackson's death and organize exhibits and shows.

METRO WORLD NEWS



Björk's marriage on the rocks?

RUMOUR MILL Music and art world gossip-mongers are getting worked up over word that Björk and artist Matthew Barney might be splitting up.

Gawker.com points out that they just purchased a house in Brooklyn Heights without unloading either their downtown Manhattan apartment or their Long Island home.

While the sluggish real estate market could explain the lack of sales, others speculate that Barney's working relationship with fellow artist Elizabeth Peyton may have crossed the line from professional to personal and may have come between the married couple.

None of the parties involved commented on the rumours.

METRO WORLD NEWS

Robert's many male fans

NOT THE USUAL FANBASE Robert Pattinson has grown used to all the female attention sent his way by rabid Twilight fans, but what he wasn't prepared for was all the interest from other men. "There's a few male Twilight fans," Pattinson said, according to Showbiz Spy. "More and more guys ask me for autographs in fact."

He admits he's a bit concerned as to why so many men would be interested in his autograph. "Unless they're only doing it to sell them on eBay," he muse

METRO WORLD NEWS

Jonas Bros on the move

ATTN: STALKERS The Jonas Brothers have upgraded their Texas digs, purchasing a six-bedroom, $2.8-million US home in the Dallas suburb of Westlake, according to the Dallas Morning News.

While the family band spends most of its time in Los Angeles, they've kept a home in the Dallas area for years.

New neighbours include former Dallas Cowboys quarterback Drew Bledsoe, major leaguer Mark Teixeira and former British Open champion Brian Watts.

METRO WORLD NEWS

Celebrity tweets

Russell Brand enjoys his new neighbour in New York, Danny Masterson has high hopes for his anniversary, and Courtney Love reflects on her career before music.

- @rustyrockets Katy Perry is moving into the hotel room opposite. I'm stealing a room service uniform. A female one, obviously-"cherry chapstick delivery."
- @dannymasterson 5 year anniversary for me and the lady 2day..... Hoping to get to 2nd base!
- @Courtneylover79 i suppose a lot of people have been reduced to such circumstances. thank god i worked with my hands on wardrobe on films most of my nascent life, and when i did strip i just worked that pole and played loads of guitar.

METRO WORLD NEWS

GETTY IMAGES

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Thursday Partly sunny 20° / 14°

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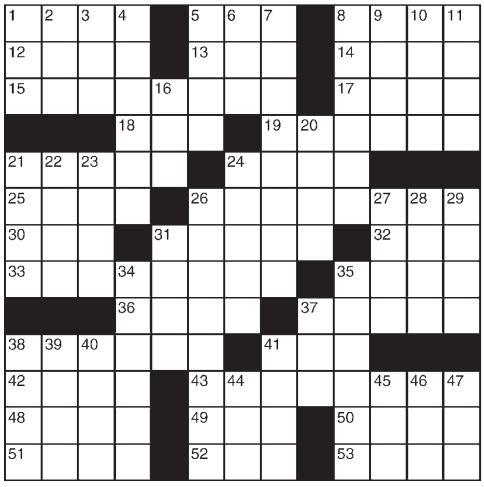

ACROSS

1 Philandering sort
5 — Khan
8 Tablespoonful, maybe
12 Right on the map?
13 Gist
14 State with conviction
15 Parentheses' kin
17 Vast
18 Chop
19 Beauty pageant adornments
21 Refuge
24 Proscribes
25 Yale students
26 Uncomplimentary remark
30 Scooted
31 Where the action is
32 Tramcar filler
33 Crashing waves
35 Tatters
36 Prejudice
37 Pack to the future?
38 Insist on
41 Anti
42 Grand story
43 Part of NYC
48 Lima's land
49 "— Town"
50 Stead
51 Unisex shirts
52 Deleted
53 Greek vowels

DOWN

1 CSA soldier
2 Rowing need
3 "Born in the — "
4 Engraves
5 From the top
6 Eviscerate
7 Doesn't vote
8 Upholstery fabric
9 Finished
10 Video-game name
11 Eventful periods
16 Trivia whiz Jennings
20 Oldster from 48-Across
21 KFC additive
22 Winged
23 Tarzan's transport
24 Fox and Rabbit of literature
26 Size comparative, once
27 Sow's mate
28 Jason's ship
29 Criterion
31 Related
34 Erstwhile calculator
35 Irritate
37 Excessively
38 Subdivision (Abbr.)
39 Duel tool
40 Muck's partner
41 String
44 Regret
45 Set afire
46 Verily
47 Greek consonants

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	2		9	4	1		7	
7								9
		1				6		
5	4		3		7		6	1
				9				
3	6		2		4		8	7
		4				8		
6								3
	1		8	6	5		4	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

P	T	A		E	T	C		B	R	U	T	E		
R	E	M		C	O	O		O	U	S	E	L		
O	R	B		H	U	N	C	H	B	A	C	K		
O	R	E		O	R	D	E	R						
F	A	R	M		E	O	N		K	A	L	E		
			A	I	D		T	E	L	L	E	R		
S	H	I	R	K				S	U	E	D	E		
H	O	O	K	E	D		A	P	T					
Y	E	N	S		R	O	C		Z	O	O	M		
				T	A	P	A	S		C	R	Y		
H	A	T	C	H	B	A	C	K		T	A	B		
A	G	A	P	E		L	I	E		E	T	A		
M	A	D	A	M		S	A	W		T	E	D		

5	7	9	6	1	3	8	2	4
3	6	4	5	2	8	7	9	1
2	1	8	9	7	4	6	5	3
9	2	6	8	5	1	3	4	7
8	4	5	7	3	6	2	1	9
7	3	1	2	4	9	5	8	6
4	5	2	1	6	7	9	3	8
6	8	3	4	9	2	1	7	5
1	9	7	3	8	5	4	6	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Sweet and Smoky Chicken Legs

INGREDIENTS:

2 medium onions, sliced
3 lbs (1.4 kg) chicken legs
1 1/2 to 2 tsp (7 to 10 ml) hickory smoked salt
1/2 cup (125 ml) ketchup
1/2 cup (125 ml) maple syrup
1/4 cup (50 ml) vinegar
2 tbsp (25 ml) prepared mustard

METHOD:

1. Place onions in greased 13-in. x 9-in. x 2-in. (33 cm x 23 cm x 5 cm) baking dish; arrange chicken in single layer over onions. Sprinkle with salt.
2. Combine remaining ingredients and pour over all, completely coating chicken.
3. Bake, uncovered, at 350 F (180 C) 1 hour or until juices run clear, basting several times.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Some people have a way of getting under your skin, but if you stay calm and refuse to react to their stupidity you will feel better.

TAURUS ♉
APRIL 21-MAY 21
Do whatever it takes to stay on good terms with partners and colleagues, because if you fall out now you may regret it later.

GEMINI ♊
MAY 22-JUNE 21
A family or financial issue must be resolved — not tomorrow or the day after but now. Today's cosmic alignments will make it easy for you to work things out.

CANCER ♋
JUNE 22-JULY 22
Get your head out of the clouds and start thinking along more practical lines. Pluto in your opposite sign of Capricorn will compel you to recognize truths.

LEO ♌
JULY 23-AUG 23
You have never been the sort to dwell on what might have been. As far as you are concerned what's done is done and cannot be undone.

VIRGO ♍
AUG 24-SEPT 22
With the Sun transiting your birth sign you are determined to accomplish great things, and so you shall.

LIBRA ♎
SEPT 23-OCT 23
You may not like making difficult decisions but today's Venus-Pluto aspect will help you push your emotions to one side and do what has to be done.

SCORPIO ♏
OCT 24-NOV 22
Being such a can-do person others are always approaching you to help them out in some way, but time is limited at the moment.

SAGITTARIUS ♐
NOV 23-DEC 21
You'll be on an ultra tight schedule today, so if you had planned to take some time off over the next 24 hours you had best put them on hold.

CAPRICORN ♑
DEC 22-JAN 20
Aim to accomplish something memorable today, something that brings you to the attention of the right kind of people.

AQUARIUS ♒
JAN 21-FEB 18
Certain people may be annoying but don't let them drag you down to their level. If you cannot adopt a positive attitude then just remove yourself.

PISCES ♓
FEB 19-MARCH 20
The planets promise that although things may be tough for you at the moment they will be much better in the long-term.

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BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

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1. Timid secret agent (1)
2. Publicly avoid Attila, for one (1)
3. Reduce the size of a chain part (1)
4. Jersey coast Sears or Kmart (1)
5. Movie ogre's restaurant bills (1)
6. Small Jewish town's tin and copper (2)
7. Wool-razoring evidence-listening session (2)

9-8-09

ANSWERS
1. SHY SPY 2. SHUN HUN 3. SHRINK LINK 4. SHORE STORE
5. SHRIEKS CHECKS 6. SHTETL'S METALS 7. SHEARING HEARING

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AIR CANADA VACATIONS

Phoenix via Toronto

Hilton Garden Inn • 3★
Breakfast • Standard rm.
Sept. 23 & 26 • 3 nts.
$699
Taxes & other fees (including service charges): $143

Carefree Resort & Villas • 3★
Resort rm.
Sept. 23 & 26 • 3 nts.
$729
Taxes & other fees (including service charges): $143

DEALS of the WEEK

Holguin via Toronto

Occidental Grand Playa Turquesa • 4★
All-Inclusive • Superior rm.
Sept. 12 - 26 • 1 wk.
$479
Taxes & other fees (including service charges): $229
Departure tax: 25 CUC cash, paid locally

Jamaica via Toronto

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Oceanview rm.
Sept. 10 - 13, 15 - 18 & 22 - 30 • 1 wk.
$749
Taxes & other fees (including service charges): $267
Please add $50 for Sat. & Sun. departures

Punta Cana via Toronto

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Sept. 12 - 26 • 1 wk.
$499
Taxes & other fees (including service charges): $323
Upgrade to the Royal Club luxury room for only $229 per person

Barbados via Toronto

Beach View • 3★
1-bedroom suite
Oct. 6 - 22 • 1 wk.
$1299
Taxes & other fees (including service charges): $190
Barbados Freedom Package included[1] 1 night FREE
Based on Tues. - Thurs. departures

Las Vegas via Toronto

Circus Circus Hotel & Casino • 3★
Hotel rm.
Oct. 26 • 3 nts.
$399
Taxes & other fees (including service charges): $185

Samana via Toronto

Gran Bahia Principe El Portillo • 4 1/2★
All-Inclusive • Standard rm.
Sept. 20 & 27 • 1 wk.
$539
Taxes & other fees (including service charges): $323

Cancun / Riviera Maya

Grand Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Dec. 19 • 1 wk.
$1389
Taxes & other fees (including service charges): $259

DEAL to EUROPE

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Royal National Hotel London • 3★
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$597
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